

Longwood 50+ Center

August 2016

Days of Operation: Tuesday 9:00am – 1:30pm

Wednesday 9:00am – 2:00pm



6150 Foreland Garth  
Columbia MD 21045  
410-313-7217  
Director: Kari Weidner

[www.howardcountyyaging.org](http://www.howardcountyyaging.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>1</div>	<div>中国运动 9:00am Smita-椅子瑜伽上午 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00p</div> <div>2</div>	<div>中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>3</div>	<div>4</div>	<div>5</div>
<div></div> <div>8</div>	<div>中国运动 9:00am “步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm</div> <div>9</div>	<div>中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>10</div>	<div>11</div>	<div>12</div>
<div></div> <div>15</div>	<div>中国运动 9:00am Smita-椅子瑜伽上午 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm</div> <div>16</div>	<div>中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>17</div>	<div>18</div>	<div>19</div>
<div></div> <div>22</div>	<div>中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm</div> <div>23</div>	<div>中国运动 9:00am 答对了 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>24</div>	<div>25</div>	<div>26</div>
<div></div> <div>29</div>	<div>中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm</div> <div>30</div>	<div>中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>31</div>		